



Health Science Research Center

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November 23, 2004

Mr. Melvin L. Wood
5966 Via De La Rosa
Granite Bay, CA 95746

Dear Mel:

It certainly was a pleasure to see you again after so many years and I am certainly glad that you are now involved with the WHCoA.

Enclosed you will find my attempt in writing an issue paper re: prevention. Since I did not know what format to use, I am not sure that it can be of any use. Still I felt I should at least try since this has been my life long pursuit while given so many rare opportunities to become involved with the pioneers in the field here and overseas.

It has taken decades of health planning re: prevention to get as far officially as we did at the last WHCoA, thus I hope that it can be of some background use now. As much as I truly appreciated the opportunity to participate at the WHCoA, starting with the pre-sessions, it was truly difficult to get all the listed resolutions officially approved. There was not enough time to explain the rational involved while others had their own ideas as well.

Still the big question remains who should be responsible to carry out whatever resolutions are approved regarding true preventive care. As the coordinator of the Post-WHCoA in Fresno, I was requested to forward the resolution to the Office of the Secretary of the U.S. Department of Health and Human Services, but we did not receive an answer. According to the WHCoA Final Report, some governors in their letter to Senator David Pryor, chairman of the WHCoA Policy Committee, clearly indicated how they would follow on the WHCoA resolutions.

Years ago I had an opportunity at a National Rural AMA conference to address their leaders about introducing preventive care. "This is not our ball game", was their answer - and I had to agree. In 1982 Governor Jerry Brown solved the problem by establishing a California Governor's Council on Physical Fitness and Wellness, with a small staff under the Office of the Governor, which was directed by a strong advisory committee of experts in the field. They were successful in getting communities involved all over the state, using their own resources towards a Awareness Week, but unfortunately when the new governor took over, all further action stopped.

Realizing how busy you must be, there is no need to answer my letter unless I can be of some assistance.

Sincerely,

enclosures:

Barbara

DEDICATED TO THE ADVANCEMENT OF WELLNESS ORIENTED EDUCATION AND RESEARCH

12-2004-94

WHCoA ISSUE PAPER ON PREVENTION

KEY ISSUE: PREVENTION

With the rising cost of health care, prevention is becoming of greatest importance to all concerned besides improving the quality of life especially in later years. In spite of official statistics, the United States has been spending in the past years about 95% on health resources oriented towards sickness care while only 5% towards true prevention (enclosure). Thus there is a need to redesign the present health care system to deal not only with prevention but leading towards the optimum total well-being as well. Following (in bold) are some key points needed to accomplish it as approved by the WHCoA 1995 along with other comments from experts in the field:

KEY POINTS:

"Shift the emphasis of our health system from illness care to health management for all ages." Presently we are waiting till patients become ill, treated usually for symptoms rather than causes, using medication that per se is becoming a serious health hazard.

"Promote personal responsibility for the state of one's health." Education becomes the main tool with the help of mass media". This was originally the number one priority listed by the WHCoA while fully supported by the following resolution:

"Extend health promotion/prevention to all, especially adults and vulnerable populations, to improve overall well-being, prevent health problems, reduce health costs, and help people cope with chronic conditions." Clearly the health of the nation depends on the health of all its citizen.

"Encouraging a total wellness approach." That means dealing with physical, mental, emotional, spiritual, social and environmental factors involved and their interrelationships necessary for optimum well-being while hopefully dealing with potential causes as well.

"Utilize and promote traditional and non traditional means as well as new technologies and innovative approaches ..." Still all the approaches used must be safe and cost effective..

"Disseminate cultural, linguistic, and age-appropriate information and educational materials in medical self care and prevention programs."

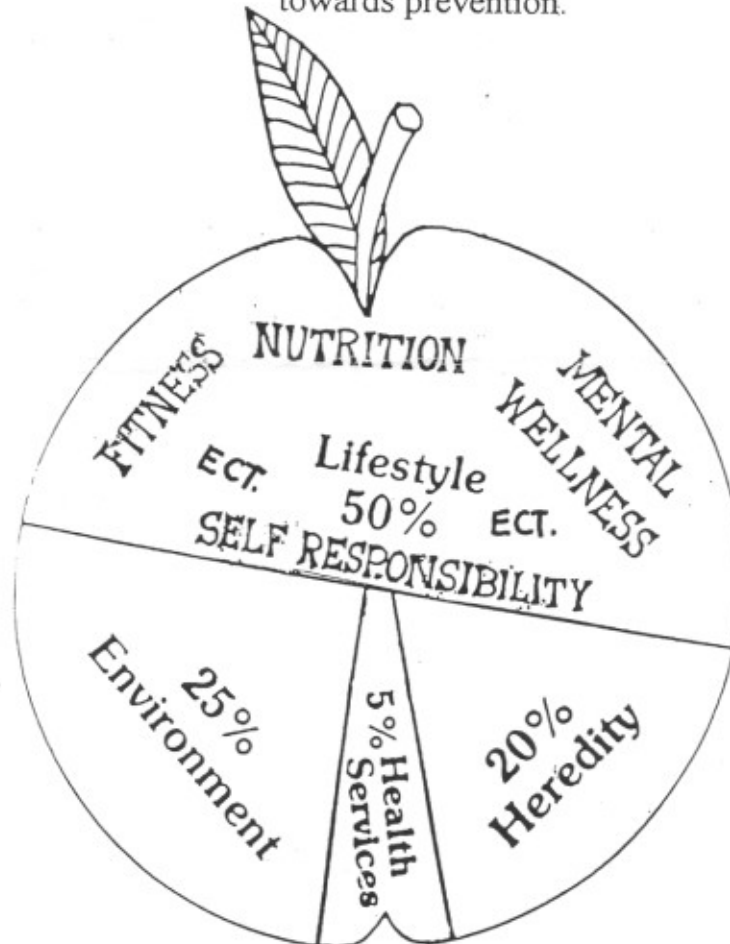
"Expanding programs to assess and address malnutrition across generations." Similar technology can be used as applied by food technologists overseas.

"The new breakthrough will not take place in the hospitals, laboratories; it will happen by changing our attitudes and our life style habits...when wellness care will be elevated to the same professional high level of interest and concern we presently devote to crisis care", according to Richard S. Sweigert, former secretary of Health and Human Services.

"Research on optimal health suggests that we need a new model of health care. We also need a new kind of health care professional who can integrate the best of alternative care with the best of conventional medicine...", according to Dr. Kenneth R. Pelletier, professor at Stanford University School of Medicine and nationally known pioneer and author dealing with the medicine of the future.

FACTORS INFLUENCING HEALTH

In spite of the statistics shown below, the United States has been spending in the past years about 95% of health resources limited to sickness care while only 5% towards prevention.



"Wellness is a positive lifestyle approach for pursuing one's highest potential for total well-being. It leads to emotional serenity, a zest of life, and it helps achieve mental and spiritual sense of complete well-being. Wellness participants become addicted to the pleasure of feeling great!"

Dr. Donald Ardell, author and consultant to hospital based wellness centers

"If you were able to arm people with knowledge required to act rationally on behalf of their health, we would have a more potent force for improved health than all the interventions of health professionals and health programs together".

Jess Steinfeld, former Surgeon General of the United States Public Health Services

Official statistics provided by the California Department of Mental Health 1981

Discussion:

"Fund pilot demonstration wellness models, to include the WHCoA's adopted resolutions and some of the initiatives pertaining to prevention/wellness" was recommended by the Post-WHCoA. Obviously it is no longer necessary to fund pilot demonstration models as it has been shown that high quality of wellness care can drastically reduce the sickness care while improving the quality of life for all participants in the program. Besides the Canadians have been practicing this approach ever since they introduced their universal health insurance policy. Similarly companies using wellness programs for their workers find it cost effective and appreciated by those involved. Recently Ventura County decided to self-insure their employees while providing education programs that clearly indicated drastic reduction in sickness care for those who participated.

Still our present health care system uses early detection as the cornerstone of prevention, while true prevention has to start before detection can occur.

Submitted,

enclosure

Barbara Lundeen

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Barbara Lundeen, Commissioner
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